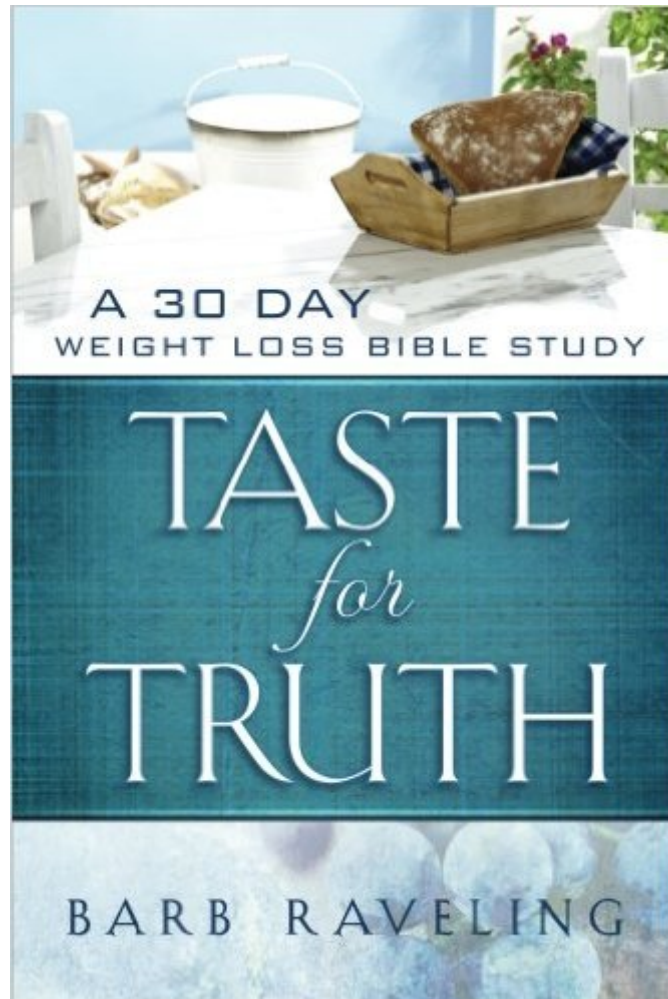


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# Taste For Truth: A 30 Day Weight Loss Bible Study



## Synopsis

They say it takes 21 days to develop a habit. But we all know how hard it is to make through those first 21 days. Taste for Truth will help you get through those first few weeks when you'd like nothing better than to give up. Taste for Truth offers 30 days of Bible study and hands-on renewing of the mind help. You'll be taking off the lies that make you overeat and putting on the truth that will make you actually want to eat with control. Taste for Truth is a companion Bible study to I Deserve a Donut (And Other Lies That Make You Eat).

## Book Information

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (125 customer reviews)

Best Sellers Rank: #14,084 in Books (See Top 100 in Books) #35 in [Books > Christian Books & Bibles > Bible Study & Reference > Bible Study > Guides](#) #124 in [Books > Christian Books & Bibles > Christian Living > Women's Issues](#) #134 in [Books > Christian Books & Bibles > Christian Living > Personal Growth](#)

## Customer Reviews

Barb Raveling takes the principle found in Romans 12:2...that of being transformed by the renewing of our minds...and makes it practical and doable. This bible study can be completed in 20-40 minutes each day and of all the bible studies I have ever done (and there have been many) I feel like it is the most effective--the most results "bang" for your time investment "buck!" If you work carefully through this study and invite God to change you, even as you cooperate with him, you won't be disappointed. I am very picky about the "weight loss" bible studies and devotionals that I use, let alone endorse, because of being heavily involved in the Thin Within ministry, but I endorse this material HEARTILY and recommend it for anyone who has any sort of desire or need for boundaries with their eating--even non-dieting, intuitive, mindful eating sorts. Barb has done a great job of (typically) avoiding dieting jargon that will trigger those of us with challenging dieting pasts, even while being "dieter friendly." How she does that so artfully, only the Holy Spirit knows. :-)

Whether you are involved in a true blue diet or have broken free from counting anything ever again and just want to embrace eating according to physical hunger and satisfaction, Barb's material is a "must have!" You won't regret the investment of your time and money!

This is a wonderful 30-day study which enabled me to really delve into APPLYING God's Word to the besetting sin issue of my life - obsession with weight, food, dieting, etc. I have struggled with idolatry of thinness, binge eating/restrictive eating, over-exercising vs. being lazy, since I was 14 years old (I am almost 33 now). I've gained and lost the same 15-25 pounds countless times. This study helped me to identify that, though I've prayed about this some, I hadn't truly surrendered myself to the Lord in this area. The hard truth I was confronted with was, I'm prideful and want to do things the way I think is best. This study has been invaluable thus far in leading me to the only One who can truly free me from this bondage I've created for myself. I cannot recommend this book highly enough to anyone that is ready to admit to the Lord, "I cannot do this; You must!"

I have the rare blessing of knowing the author of Taste for Truth, Barb Raveling, personally. Barb and her family are members of the church that my husband pastors. Best of all I have been privileged to be a part of a small group that Barb taught on her renewing your mind concepts. By looking at Barb you would never guess that she struggled a day in her life with weight issues. I have known her now for almost 4 years and her weight has never fluctuated nor has her commitment to Biblical truth and a proper stewardship of her gift of writing. Christ has given Barb control over her personal food battles through very relevant truths from the Bible and she shares those truths with us in Taste for Truth. Understanding this book is easy....following it requires that you take seriously your relationship with Christ and understand that not everything in life that we are called to as believers will be easy. I know that this is the path I need to follow. Christ will provide....

After purchasing and utilizing Barb's other book, I Deserve a Donut and other lies that make you eat, I was compelled to try this Bible Study. It is amazing and really makes you consider why you do what you do when it comes to eating issues. Totally Biblical approach that makes me sit and think and discuss the material in the study with God. The review questions are powerful and eye opening. I would recommend this book to anyone who has ever struggled with food and weight issues. Life changing!

From the very beginning, God used this book to continually draw me close to Him. The analogy just

clicked with me as I want to protect my temple. I was sad that the 30 days was already over. It's not about losing weight anymore. It's about living a life that is pleasing to God. Losing weight is now a perk and not an obsession. Thank you for writing this book. I'm so thankful that The Lord has used it to change my life. Highly recommend to all who have the same weight struggles.

This is a very in-depth, as well as very broad study with ideas for journaling, praying the scriptures, and Bible study as well as practical ideas for managing your eating disorders. Each day could easily take three days to complete if you spent time in prayer, mining your thoughts and listening to God, plus looking up scriptures and copying and memorizing them, and setting up new habits and actions. Highly recommended. This book covers your relationship with food, your consecration to God, your thought life, and your emotions. I can't imagine you'd need any other weight loss Bible study. Plus, you can apply many of these questions to any issue! It's a thin book, but it's really packed with thought and care, not a lot of empty space for writing your answers. The author's website is outstanding as well. Big thanks to Barb.

I'm three quarters of the way through this study and I'm already disappointed that it is coming to a close! It has on more than one occasion helped me get through weak moments by renewing my mind with the help of the Holy Spirit!

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